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MENTAL HEALTH SUPPORT WEBSITE

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INTRODUCTION

Here are some key points related to mental health issues:

- According to a survey conducted in 2020, Punjab has seen a significant rise in mental health issues, with a reported increase of 42% in cases of anxiety and depression.
- The National Mental Health Survey of India (2015-16) revealed that Punjab had a higher prevalence of mental disorders compared to the national average.
- The stigma associated with mental health issues often prevents individuals from seeking help. Only 10% of those in need of mental health services actually receive treatment.

LITERATURE REVIEW

Features and Limitations

1 BetterHelp

Features: Online therapy sessions, chat support, and access to licensed therapists.

Limitations: Paid service, limited to counseling only, may not provide extensive information on mental health issues..

2 Psychology Today

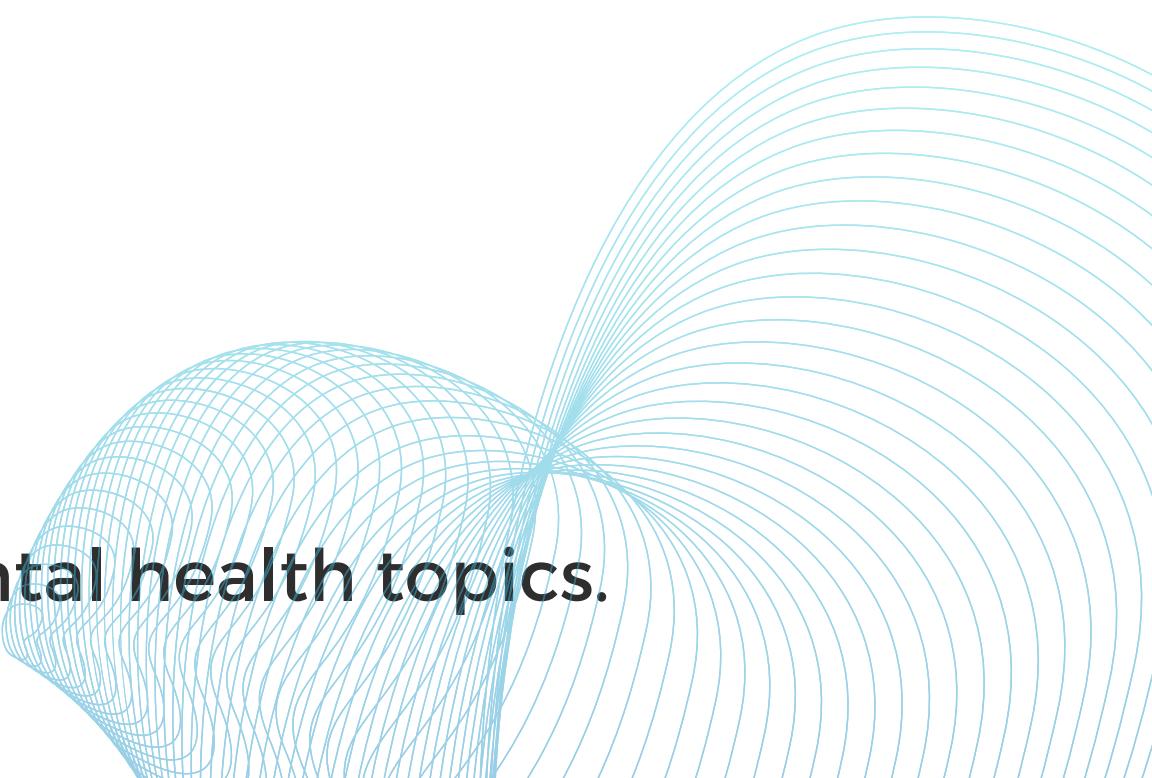
Features: Directory of mental health professionals, informative articles, and therapist profiles.

Limitations: Limited interactivity, lacks psychology tests.

3 7 Cups

Features: Peer support chat, and self-help articles.

Limitations: Limited professional input, not a wide range of mental health topics.



PROBLEM STATEMENT

Mental health issues are a matter of growing concern today.

The following project provides a **comprehensive Mental Health Support Website**.

This project aims to provide a platform where individuals can -

1. Find easy access to mental health professionals.
2. Reliable information.
3. Tools to access, evaluate and enhance mental well-being.

EXPECTED OUTCOMES

The Mental Health Support Website aims to address these challenges:

Stigma:

Many hesitate to seek help for mental issues due to social stigma. The website provides a discrete and confidential platform for seeking support.

Accessibility:

Access to mental health professionals can be limited in certain regions. This website offers contact information for nearby psychiatrists.

Information Gap:

There is a lack of easily accessible and medically accurate information on mental health. The website's information library aims to bridge this gap.



EXPECTED OUTCOMES (cont.)

The Mental Health Support Website aims to address these challenges:

Mental Health Awareness:

Lack of awareness is a significant issue. The website provides resources and psychology tests to increase awareness and promote mental health education.

Community Support:

Sharing experiences can be therapeutic. The blog feature allows users to share their own mental health journeys, fostering a supportive community.



TOOLS AND TECHNIQUES

Programming Languages: HTML, CSS, JavaScript, Python.

Web Development Frameworks: NodeJS (for backend development).

Database: MongoDB.

AI Chatbot: Natural Language Processing (NLP).

Web Hosting: A reliable web hosting service.

Data Security Measures: Login / Signup for confidential information.

MODULES AND WORKFLOW

1. Homepage (The main landing page of the website, providing an overview.)

The screenshot shows a modern website layout for a mental health initiative. At the top, there is a navigation bar with links for "MENTAL WELL-BEING", "FIND HELP", "LIBRARY", "SUBMIT A BLOG", "MHE FORM", and "CONTACT US". To the right of the navigation are a search icon and a menu icon.

The main content area features a large, stylized illustration of a person's head and shoulders. Below this, the word "MENTAL HEALTH" is prominently displayed in large, bold letters. Underneath "MENTAL HEALTH", the words "SUSTAINED WELL BEING" are written in a smaller, lighter font.

On the left side, there is a sidebar with a yellow background containing text about the "Cultural History of Insanity" and "Medicine +". The sidebar also includes a section titled "CONFRONTING MADNESS".

The central part of the page has a large, white rectangular area with the title "ABOUT THIS INITIATIVE" and the subtitle "OUR HOPES AND THE PURPOSE OF THIS PROJECT".

At the bottom right, there is a large, abstract painting of a figure, possibly a self-portrait or a symbolic representation related to mental health.

MODULES AND WORKFLOW

2. Find Help (A directory to help users find nearby mental health professionals, categorized by location in Punjab.)

Age Group

Under 18

Sex

Male

Country

India

State/Province

Punjab

City

Amritsar

PSYCHOLOGISTS IN YOUR AREA

- **Sonia Kapur**

Address: Fortis Escorts Hospital, Majitha-Verka Bypass Road, Amritsar 143004

Contact: +91-1835032222

- **Vandita Agarwal**

Address: Fortis Escorts Hospital, Majitha-Verka Bypass Road, Amritsar 143004

Contact: +91-1835032222

- **Priyadarshini Pant**

Address: CARE AND COUNSELLING, 51,1st Floor, Near Anand Nagar Gurudwara, Lane Number 1

Contact: +91-7579132280

- **Devinder Sohal**

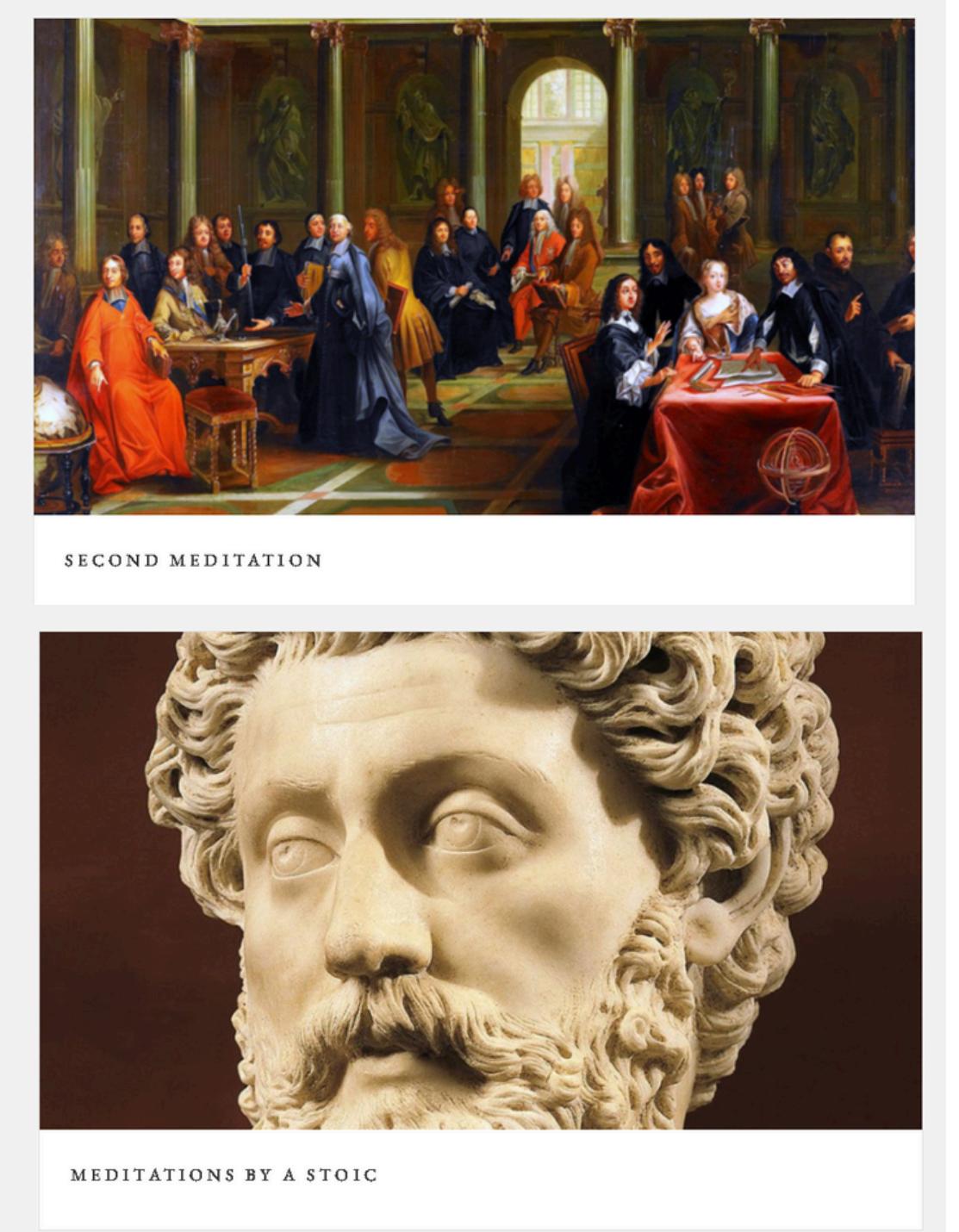
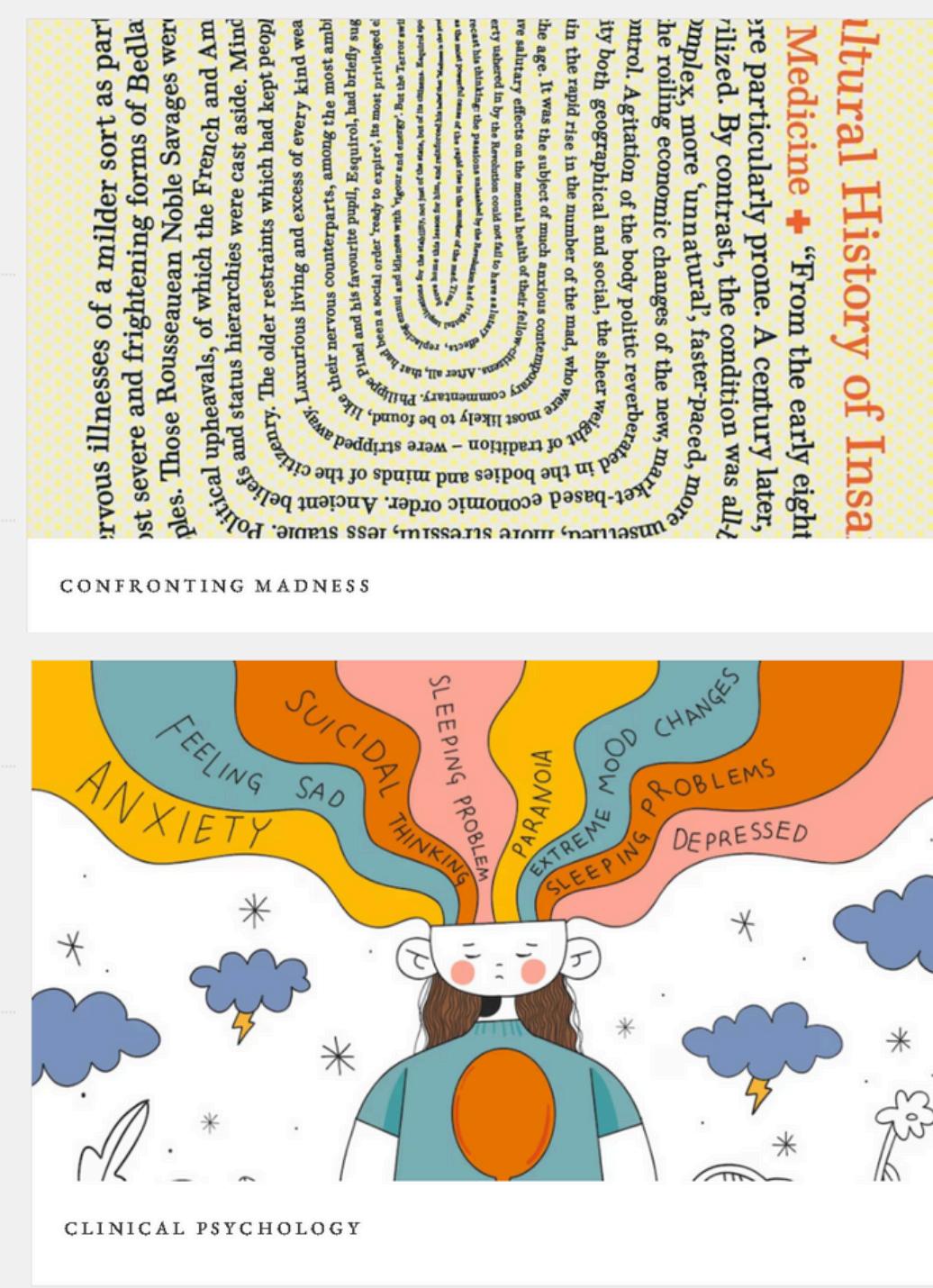
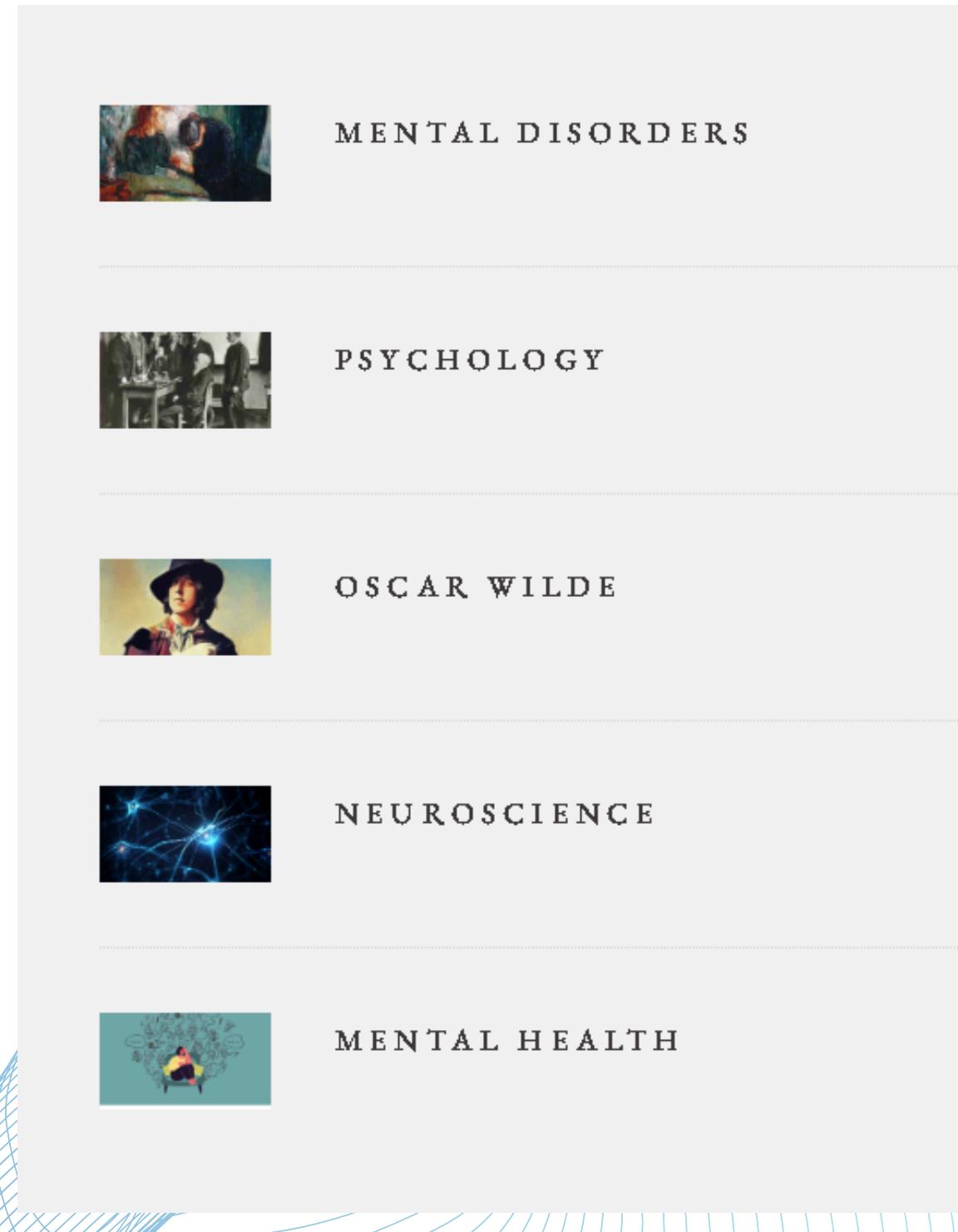
Address: Mind Solutions, Batala Road, 28 A, Gali Number 2, Vijay Nagar, Amritsar, Punjab 143001

Contact: +91-9592004567

FIND PSYCHOLOGISTS

MODULES AND WORKFLOW

3. Library (Medically accurate and informative articles and blogs on various mental health topics.)



MODULES AND WORKFLOW

4. Submit a Blog (Users can contribute their own blogs sharing personal experiences and insights related to mental health.)

Name

Email

Blog Heading

Article



SUBMIT ARTICLE

MODULES AND WORKFLOW

5. MH Evaluation (Scored and Unscored Mental Health Evaluation tests.)

MHE Form

This form collects your data and has objective as well as subjective questions. It will be evaluated by a professional and will not be scored.

[GO TO MHE FORM](#)

MHQ Form

This form will score your mental health quotient, and has been created by professionals at Sapien Labs.

[GO TO MHQ FORM](#)



MODULES AND WORKFLOW

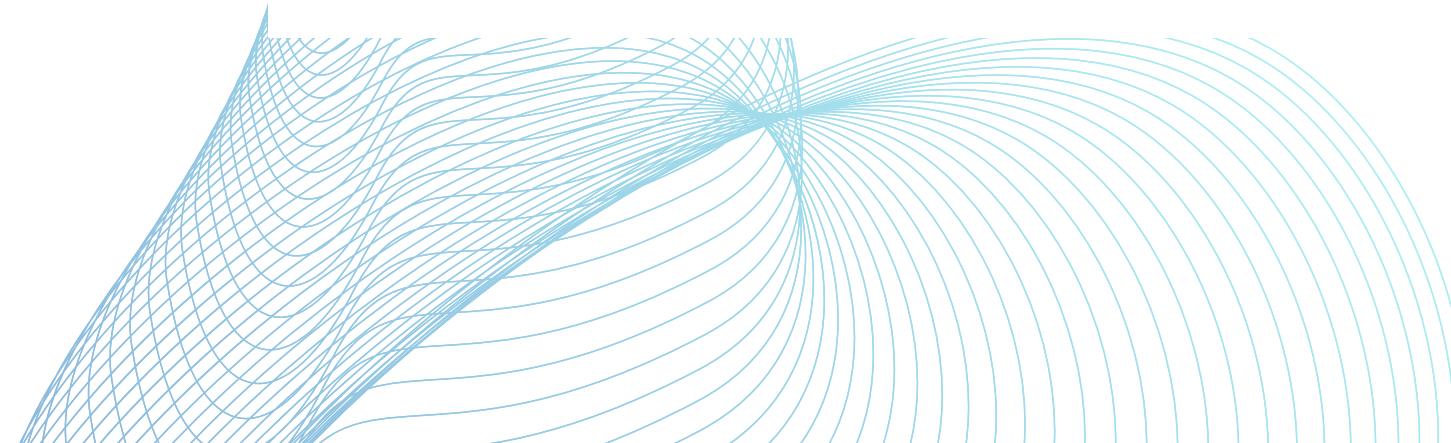
6. Admin Controls (Login, Signup and Admin Dashboard.)

ADMIN DASHBOARD

WELCOME TO THE ADMIN DASHBOARD. CHOOSE AN OPTION BELOW:

[VIEW BLOGS](#)

[VIEW MESSAGES](#)



SIGN UP

PLEASE ENTER YOUR CREDENTIALS TO SIGN UP.

Name

Your Name

Email

Your Email

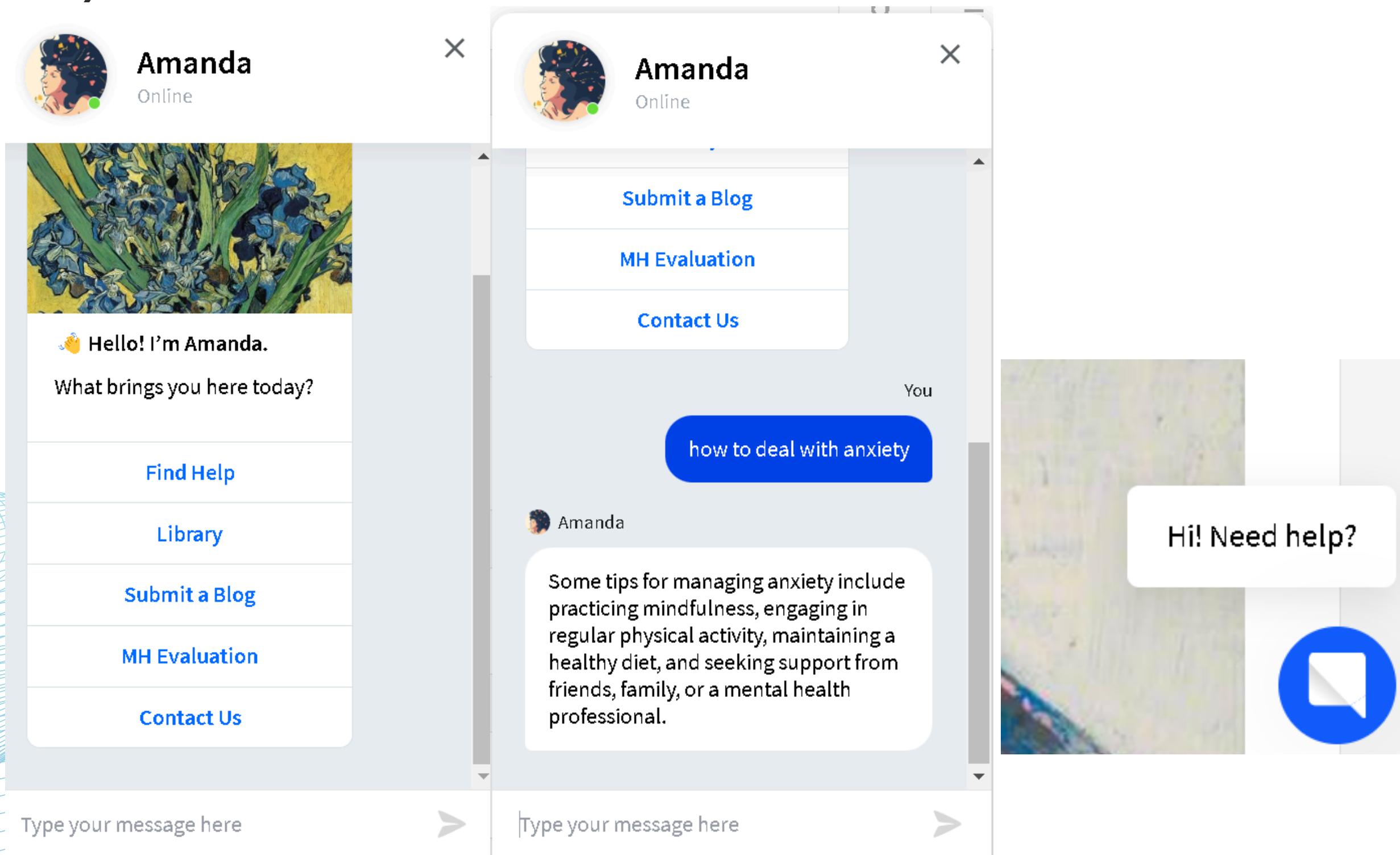
Password

Your Password

[SIGN UP](#)

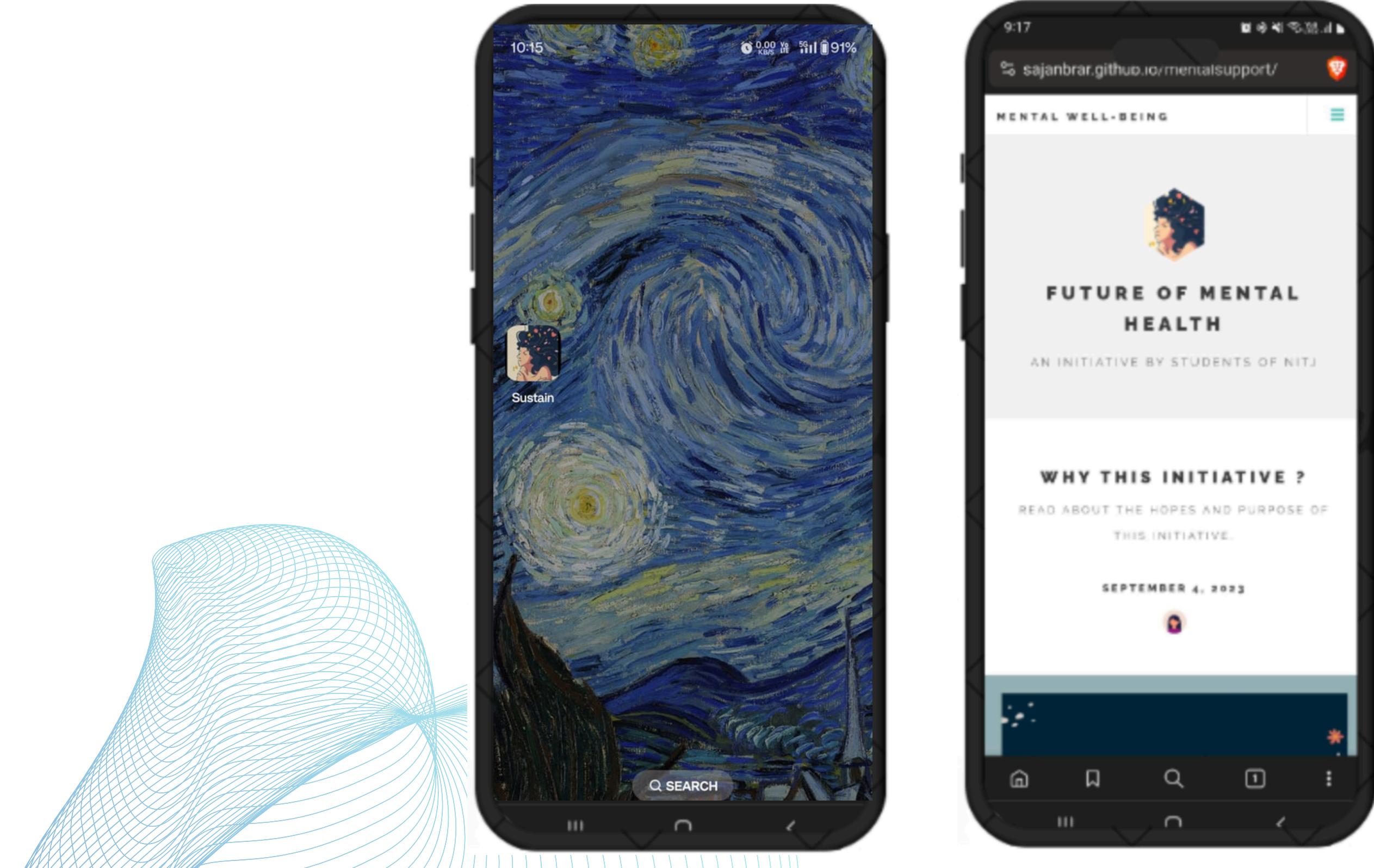
MODULES AND WORKFLOW

7. AI Chatbot (Helps in navigating the website and answers frequently asked questions.)



MODULES AND WORKFLOW

8. Mobile Application (All the features of the website on your smartphone.)



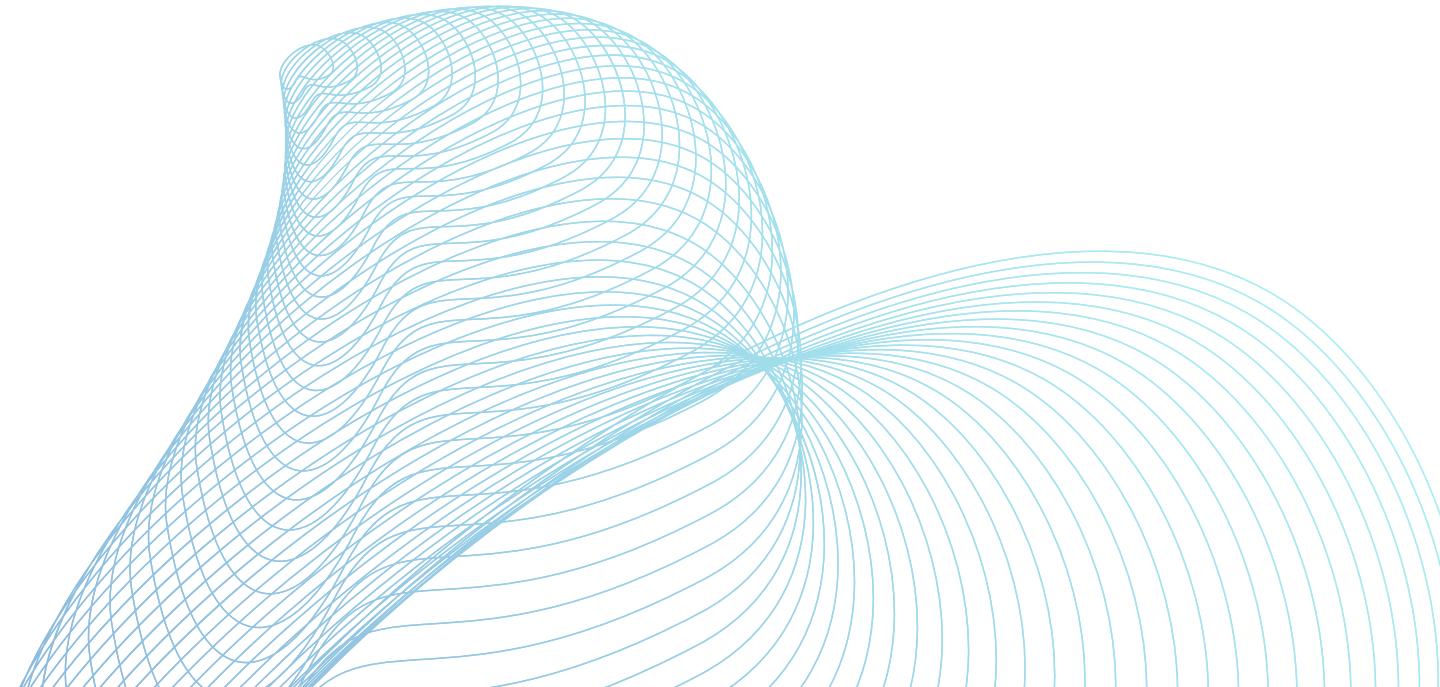
RESULTS AND DISCUSSION

- **Mental Health Prevalence:** Significant increase in reported cases of anxiety and depression in Punjab.
- **Addressing Key Challenges:**
 - Stigma Reduction: Safe and confidential platform.
 - Enhanced Accessibility: Easy access to professionals and resources.
 - Information Dissemination: Reliable and updated articles.
 - Mental Health Literacy: Empower users with knowledge.
 - Community Engagement: Foster a supportive community.



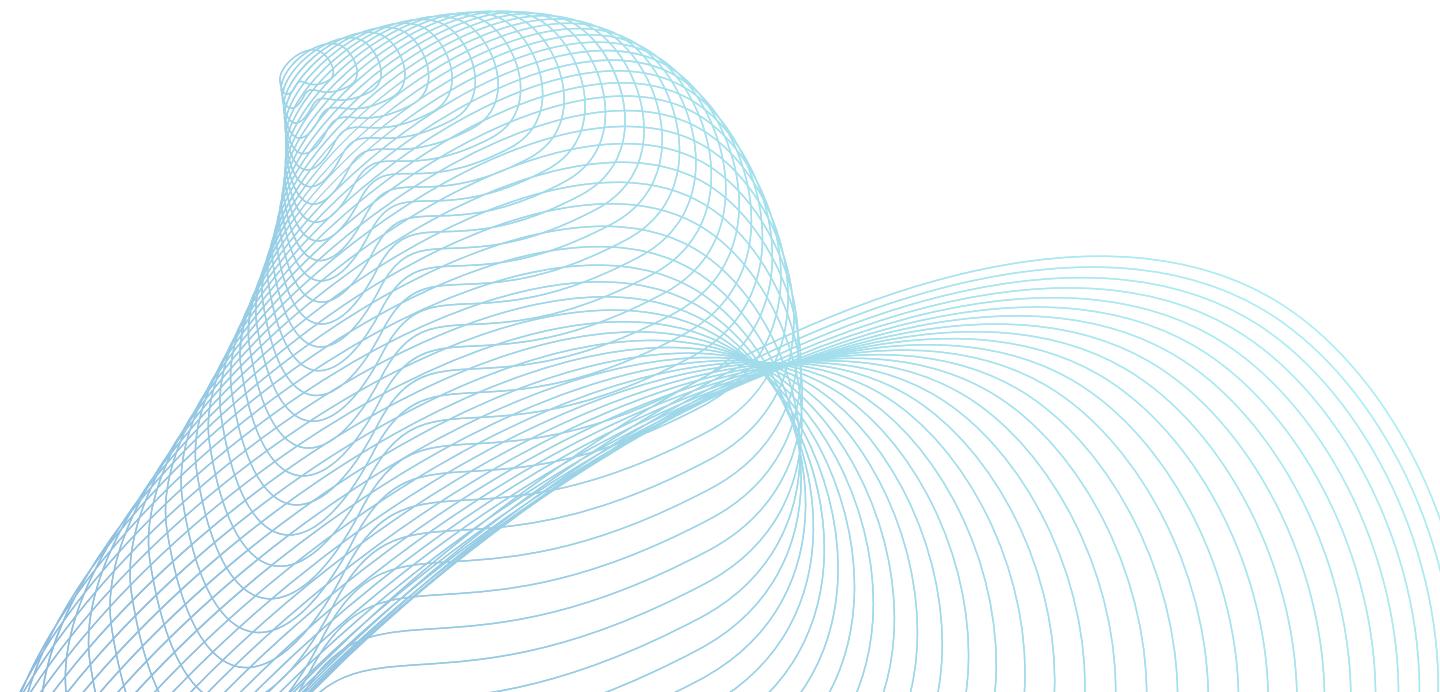
FUTURE SCOPE

- Continuous data analysis and user feedback incorporation.
- Including more psychiatrists from more diverse regions and specializations.
- Expansion of outreach and community engagement efforts.



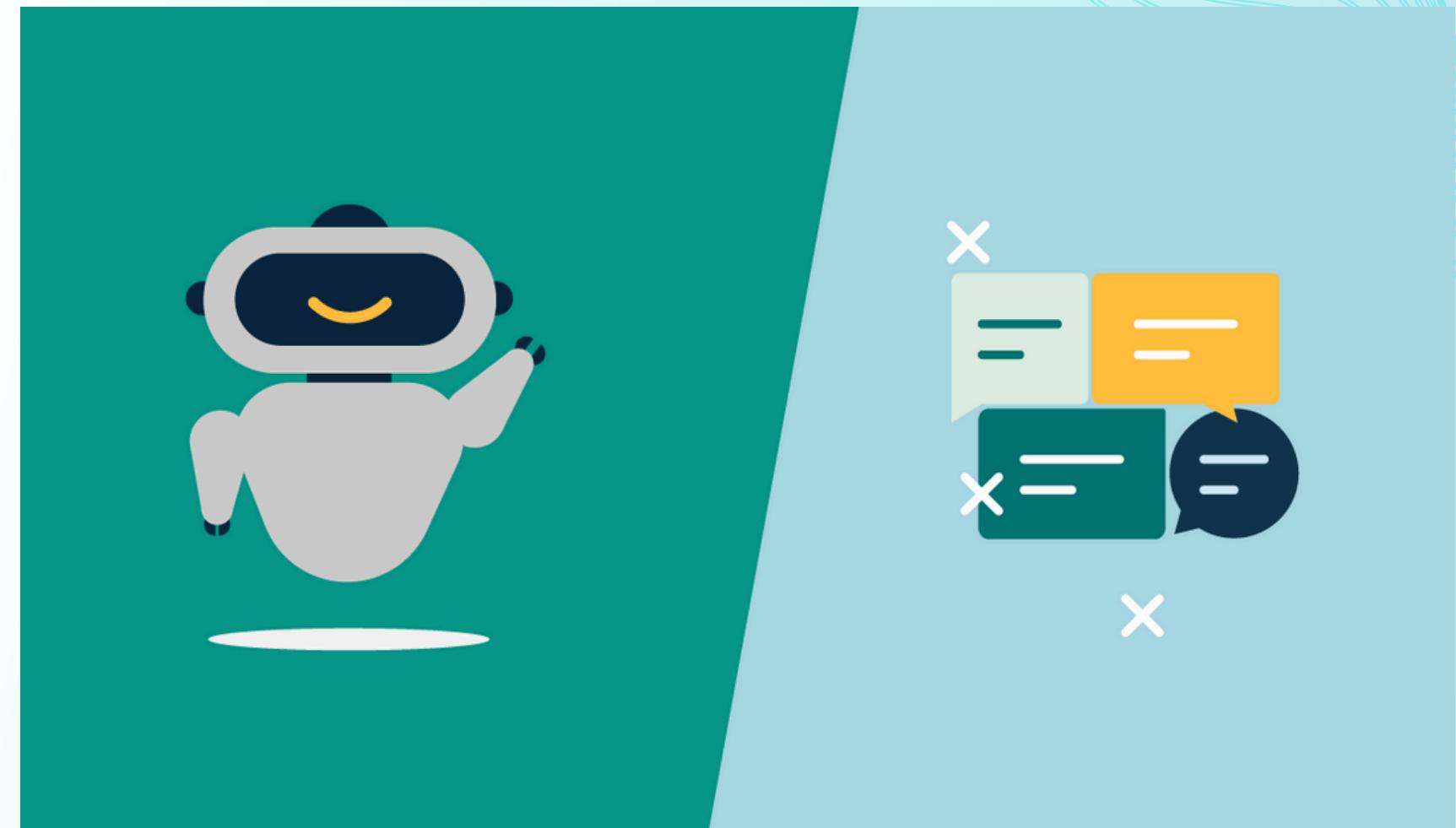
CONCLUSION

- The Mental Health Support Website aims to make a significant impact on mental health support in Punjab.
- Ongoing efforts are crucial for sustaining and expanding the platform's impact.
- Invitation to join the mission of promoting mental health awareness and well-being.



LINKS

- Website



THANK YOU

